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VEAL CHART

IDENTIFICATION WHOLESALE AND RETAIL CUTS

U. S. DEPARTMENT OF AGRICULTURE
BUREAU OF AGRICULTURAL ECONOMICS
DIVISION OF LIVESTOCK, MEATS AND WOOL

WHOLESALE CUTS

① AND ② HIND SADDLE
① LEG
② LOIN

③ AND ④ FORE SADDLE
③ HOTEL RACK
④ CHUCK

RETAIL CUTS

① LEG
1 TO 12 CUTLETS
13 - ROAST
14 - SHANK (STEW)

② LOIN
1 TO 15 LOIN AND
KIDNEY CHOPS

③ HOTEL RACK
1 TO 14 - RIB CHOPS

④ CHUCK *Including shoulder, neck and breast*
1 - STEW
2 - ROASTS

Numerals in circles refer to wholesale cuts
refer to retail cuts

Other numerals

YIELDS OF WHOLESALE CUTS AND SUBDIVISIONS

| | |
|---------------------------|---------------------------|
| ① AND ② HIND SADDLE - 49% | ③ AND ④ FORE SADDLE - 51% |
| ① LEGS - 40% | ③ HOTEL RACK - 6.5% |
| ② LOIN - 9% | ④ CHUCK - 44.5% |

DISTRIBUTED COURTESY
NATIONAL LIVE STOCK AND MEAT BOARD
407 SOUTH DEARBORN STREET
CHICAGO, ILL.

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VEAL CUTS AND THEIR USES

| Description | Cut | Characteristics of Cut | Uses | Extra Edible Parts and How Prepared |
|---|---|--|---------------------------------|--|
| Veal is almost white in color with a delicate pinkish tinge. The flesh is not so firm as that of beef. The fat is pinkish white and firm. | Leg | Solid meat of good quality; very little waste | Roasts, steaks (called cutlets) | Heart— Baked, stewed, braised |
| | Loin | Excellent quality | Chops, roasts | Brains— Sautéed, creamed, scrambled |
| | Rib | Excellent quality | Chops, roasts | Kidney— Broiled, stewed, meat pie, sautéed |
| | Breast | Good quality | Roasts | Liver— Sautéed, baked, braised |
| | Shoulder | Solid meat of good quality | Roasts, stews | Tongue— Corned, smoked, boiled |
| | Shanks | Fore and hind shanks, bone and gristle—little meat | Stews, soup | Sweetbreads— Creamed, braised, broiled, salad |
| | Chuck Includes the shoulder, breast and neck | Meat of good quality | Roasts, steaks | |

TIME-TABLE FOR COOKING VEAL

| Cut | Broiled or Panbroiled | Roasted or Baked | Boiled | Braised |
|----------|---|---|--|------------|
| Loin | Veal contains little fat and needs long, slow cooking, therefore, broiling or pan-broiling is not recommended as a method of cooking any veal cut. Braising is the usual way of preparing veal chops and cutlets. | 25 min. at 500° + 25 min. per pound at 425°-450°. | Boiling is not a method used in cooking veal as that meat contains little extractives. | |
| Shoulder | | 25 min. at 500° + 25-30 min. per pound at 425°-450° | | |
| Leg | | 30 min. at 525° + 25-30 min. per pound at 450° | | |
| Cutlets | | | | 40-50 min. |
| Chops | | | | 20-25 min. |

An oven regulator insures more uniform and exact results.

Slow oven is 250°-350° F.; moderate oven is 350°-400° F.; hot oven is 400°-500° F.; very hot oven is 500°-550° F.



